

Keep moving, keep improving

30 minutes a day. That's 3% of your waking life. Can you think of anything else where you can put as little in and get as much out?

Research suggests that adults should **spend at least 30 minutes per day on most, preferably all days of the week** engaged in some sort of moderate physical activity. Moderate activity includes things like brisk walking, golf, active play with the kids. Anything that will raise your heart rate and may cause you to sweat a little. Or you can include more vigorous activities, such as running, fast cycling, or (carefully) carrying heavy loads. These activities should make you huff 'n puff and count for double towards your activity goals.

Being active helps you look good, feel good, sleep better, maintain your strength and it sets a great example to your kids.

Any movement is good

Doing any physical activity is better than doing none. If you are not currently active, start by doing some and gradually build up to the recommended amount.

Move more, sit less

Even active people need to monitor the amount of time they spend being inactive. Your amount of sedentary behaviour (like sitting, surfing the net, watching tv, or lying down other than for sleep) can have a large impact on your health, regardless of your physical activity level. Research has shown that long periods of inactivity can increase your risk of obesity, chronic disease (such as diabetes and cardiovascular disease) and premature death.

Get more activity in your day and reduce sedentary behaviour

There are plenty of easy ways to move more and sit less to break up your sitting time:

At work

- Be active in your breaks
- Stand whenever you get the chance. Set an alarm to remind you to stand up and move more often

Take advantage of opportunities to be active at home

- Walk around when talking on the phone
- After dinner, head out for a quick walk. Even a quick 10-15 minute walk can aid digestion and improve blood sugar levels
- Plan active social outings (e.g. playing a round of golf, instead of sitting at the pub)

When commuting

- When driving, park further away from your destination than usual and walk the extra distance – this usually means you will find a park more quickly too

- If taking public transport, stand if you can and get off one stop before your destination
- If practical, consider active transport like walking or cycling instead of driving. No fancy lycra required
- Take the stairs instead of the lift or escalator

Keep strong

It's important to keep some sort of muscle strengthening activities in your routine, twice a week is great. This doesn't have to mean joining a gym or purchasing equipment, but can involve things like body weight exercises (e.g. push ups) or safely doing some activities that involve lifting, carrying or dragging.

As well as health benefits, this can help improve or maintain a healthy posture to reduce the risk of serious injury.

Track yourself

Research also shows that people who monitor their own behaviour tend to achieve their goals sooner, and are much more likely to maintain their behaviour. You can simply use a pen and paper or a range of technologies (e.g. websites, mobile applications, pedometers, etc).



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SA Health

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If you require this information in an alternative language or format please contact SA Health on the details provided above and every effort will be made to assist you.



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SA Health acknowledges the valuable contribution of the Freemasons Foundation Centre for Men's Health (University of Adelaide) to the development of this leaflet.



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SA Health

Live life, sit less, move more



Where to go for more information:

Get Healthy A free, confidential telephone health coaching service that helps adults make lifestyle changes. Call 1300806258 or visit www.gethealthy.sa.gov.au

Walk Yourself Happy Jump on to the SA Health website's Healthy Living pages for more information and great resources on how to be active every day <http://www.sahealth.sa.gov.au/healthyliving>

